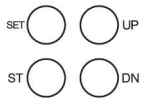
Product specification

Features:

This Ropeless Jump rope builds in a count up or down timer with individual automatically when you begin jumping for 2 seconds. The calorie consumption value will be displayed immediately when you stop jumping .
To start over, press [ST] Key which allows you to keep the weight, but clear the counted jumps, time and Calories.

This jumping rope will shut down automatically if not activated within 8 minutes, To resume operation, press [ST] key once only.

Count-down : 99m00s(max)
Count up : 99m59s(max)
Weight:20~110Kg
Jumps : 9999
Calories : 999



LCD Display and Keypads:

SET	Press to set Weight and Timer
UP	Increase Weight and Timer in setting mode
DN	Decrease Weight and Timer in setting mode
ST	Wake up unit or Quick start to jump

User Manual and set up Procedure

1. POWER ON
When first to install a battery into the unit or Reset key is pressed, all LCD segments will be on. At the same time, there is "BEEP" sound comes out.

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2. Time setting
After Power on, it will go to time setting. The "minute" digit will be flashing to indicate the timing.
Press [UP] or [DN] key to adjust the minute digits. Press and hold [UP] or [DN] key to adjust to your desired workout time.
Press [SET] key once to confirm time and goes to Weight setting mode.

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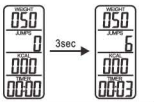
3. Weight setting
After set time, it will go to weight setting mode, the default weight is 50kg.
The unit in red will be flashing. The range of weight is 20~110kg.
Press [UP] or [DN] key to adjust the weight in kg. Press and hold [UP] or [DN] to adjust your body weight.
Press [set] key once, to confirm weight unit setting and ready to start exercise.



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4. Count up timer mode
If the time setting is 00:00, the unit will go to count up mode automatically. The first 2 seconds are used to validate the Jumping pattern. If the Jumps keep running, the timer will start count up and the number of jumps including first two second will be counted. Otherwise it will be treated as mis-triggering, the jumps will be ignored.

The Count up timer will be stopped automatically when no jumps within 2 seconds or the timer reached 99:59, and the calories consumption will be displayed

To start over, press the [ST], the time, jumps and calories will be cleared,but not Weight.

OR press [SET] to go back to 2. Set time procedure

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5. Count down timer mode
If the time setting is NOT00:00, the unit will go to count down mode automatically. The first 2 seconds are used to validate the Jumping pattern. If the Jumps keep running, the timer will start count down and the number of jumps including first two second be counted.Otherwise it will be treated as mis-triggering, the jumps will be ignored.
To start over , press [ST] to go back to 1. Set time procedure

OR press the [ST], the time, jumps and calories will be cleared, but not Weight and replay the count down mode again.

6. AUTO OFF
If there is no key or jumps within 8 minutes, the unit will enter sleep mode. LCD will be turned off. Press [ST] key once to wake up the unit and enter standby mode.

7. Calorie burn calculation:
Calories=MET x Weight (kg) x Duration (min) /60
MET: Metabolic equivalent, for rope jump, the MET is 10

BATTERY LIFE REQUIREMENT
Battery: AAAx 2pcs 3V